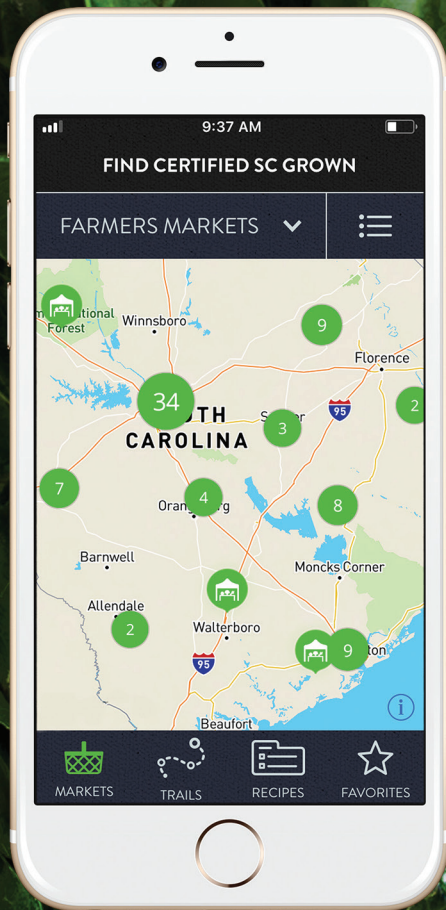




# APPETIZING



On behalf of the South Carolina Department of Agriculture, I am delighted you are here to help us celebrate the 10<sup>th</sup> year of the Certified South Carolina tent and the Fresh on the Menu cooking demonstration stage at the 37<sup>th</sup> annual Southeastern Wildlife Exposition.

20  
19

This year the Certified SC tent is proud to welcome back our friends The Lee Bros. – Matt Lee and Ted Lee – two nationally known and locally grown culinary experts who need no introduction to food enthusiasts. Join Matt and Ted as they host our Fresh on the Menu chefs, farmers, and other celebrity guests for cooking demonstrations that will whet your appetite for Certified SC cuisine.

To help mark 10 years of the Fresh on the Menu cooking demonstrations, we've got a surprise for you – sampling the delicious Certified SC produce and products cooked right in front of you. After you are entertained and eat a bite, take time to explore the Certified SC tent to taste other unique items and support our specialty foods vendors. And be sure to download our Fresh on the Menu app so you can locate the nearly 300 restaurants across the state that prioritize and feature South Carolina's products.

Agribusiness is the number one industry in South Carolina, generating nearly \$42 billion in economic impact each year while supporting over 212,000 jobs. In total, our farmers produced \$2.3 billion worth of crops and livestock in 2017. But if each of us purchased just \$5 more of food directly or indirectly from a South Carolina farmer each week, the added economic impact would be \$1.3 billion.

At the root of the delicious, local food we all enjoy are the hardworking men and women who grow and produce it. While you're in our Certified SC tent, take a moment to view the Roots of your Food campaign videos, and join us in saluting the farmers of South Carolina and their contributions to helping make agribusiness our state's number one industry.

I hope you enjoy this cookbook, and I invite you to try these recipes and contact Certified South Carolina farmers for fresh, local products to enjoy all year long. Don't forget to check out a Fresh on the Menu restaurant while you're here - it will be worth the trip!

*Hugh E. Weathers*

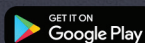
Hugh E. Weathers

SOUTH CAROLINA COMMISSIONER OF AGRICULTURE



Find your new, favorite farmers market, that quaint out-of-the-way U-pick farm and much more. It's all at your fingertips with one of the tastiest apps in South Carolina.

Search for CERTIFIED SC



## SOCIALIZE!

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# EAT LIKE A LOCAL

AMEN STREET FISH AND RAW BAR • MAGNOLIAS •  
 HIGH COTTON BAR AND GRILL • SLIGHTLY NORTH OF BROAD  
 OAK STEAKHOUSE • KITCHEN 208 • 39 RUE DE JEAN • 82' QUEEN  
 LOWCOUNTRY BISTRO • MUSE RESTAURANT AND WINE BAR  
 HOMINY GRILL • REPUBLIC GARDEN AND LOUNGE  
 FIVE LOAVES CAFE • SUGAR BAKESHOP • VIRGINIA'S ON KING  
 CHARLESTON BEERWORKS • ANSON RESTAURANT  
 THE GROCERY • EDMUND'S OAST • PENINSULA GRILL  
 BUTCHER AND BEE • PANE E VINO • CIRCA 1886  
 HANK'S SEAFOOD RESTAURANT • CRU CAFE

From South Carolina farms to area restaurant doors, Fresh On The Menu means locally grown food that's fresher and tastier. So, find and dine at a Fresh On The Menu restaurant today. In addition to these downtown restaurants, visit [FreshOnTheMenu.com](https://FreshOnTheMenu.com) for a statewide listing and to download the app.



A PROGRAM FROM THE SOUTH CAROLINA DEPARTMENT OF AGRICULTURE



# 2019 COOKING DEMO SCHEDULE

**FRIDAY**  
**FEBRUARY 15**

**11:00A**

**Hugh Weathers**  
*Commissioner of Agriculture*  
**Patricia Moore-Pastides**  
*Cookbook Author*  
**Chris Maher**  
*Burden Creek Dairy*

**12:00P**

**Chef BJ Dennis**  
*Gullah Geechee Caterer*  
**Joseph Fields**  
*Fields Farm*  
**Germaine Jenkins**  
*Fresh Future Farm*

**1:00P**

**Chef Randy Williams**  
*Culinary Institute of Charleston*  
**Eric McClam**  
*City Roots Farm*

**2:00P**

**Chef Rodney Scott**  
*Rodney Scott's BBQ*

**3:00P**

**Chef Cynthia Wong**  
*Life Raft Treats*  
**Patrick Myers**  
*Lowcountry Creamery*

**4:00P**

**Chef Jason Stanhope**  
*FIG*  
**Greg Johnsman**  
*Geechie Boy Milling Co.*

**SATURDAY**  
**FEBRUARY 16**

**11:00A**

  
**Chef Brandon Velie**  
*Juniper*  
**Brittney Miller**  
*Manchester Farms Quail*

**12:00P**

**Chef Katy Keefe**  
*McCrady's*  
**Chef Jim Stein**  
*McCrady's*

**1:00P**

**Chef Robert Stehling**  
*Hominy Grill*  
**Carson Stehling**  
*Hominy Grill*

**2:00P**

**Chef Tonya Mitchell**  
*College of Charleston / Aramark*  
**Mark Marhefka**  
*Abundant Seafood*

**3:00P**

**Matt Lee and Ted Lee + Friends**  
*The Lee Bros.*

**4:00P**

**Corrie & Shuai Wang**  
*Short Grain and Jackrabbit Filly*  
**Caitlyn Meyer**  
*Charleston Oyster Farm*

**SUNDAY**  
**FEBRUARY 17**

**11:00A**

  
**Sarah McClure**  
*Southside Smokehouse*  
**Nat Bradford**  
*Bradford Watermelons Co.*

**12:00P**

**Chef Scott Stefanelli**  
*Culinary Institute of Charleston*  
**Teresa Smithmyer**  
*Bulls Bay Saltworks*

**1:00P**

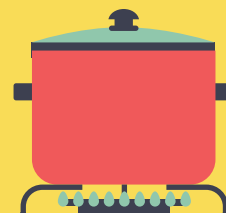
  
**Chef Brandon Carter**  
*FARM*  
**Josh Johnson**  
*Old Tyme Bean Company*

**2:00P**

**Chef Angie Bellinger**  
*Workmen's Cafe*  
**Matt Lee and Ted Lee**  
*The Lee Bros.*

**3:00P**

  
**Chef Jessica Shillato**  
*Spotted Salamander*  
**David Anderson**  
*Black Pearl Farm*



SOUTHEASTERN WILDLIFE EXPO

These recipes are prepared by some of  
South Carolina's greatest chefs using  
many fresh, locally-sourced Certified  
South Carolina ingredients.

ENJOY!



Fresh  
on the Menu  
CERTIFIED  
SC GROWS

2019 RECIPES





## ROASTED BEET AND ARUGULA SALAD WITH GOAT CHEESE

### ROASTING BEETS

- 2 large raw beets cut in wedges
- 2 tablespoons olive oil
- 2 teaspoons Dijon mustard
- ¼ cup orange juice
- ½ teaspoon dried fennel seed

### PREPARING ALMONDS AND ARUGULA

- 1 tablespoon olive oil
- ⅔ cup raw almonds
- 4 cups arugula, washed & dried

### DIJON VINAIGRETTE

- ¼ cup olive oil
  - 3 tablespoons balsamic vinegar
  - 1 teaspoon Dijon mustard
- ### GARNISH
- 1 large Mineola orange, peeled and cut into small pieces
  - 6 ounces goat cheese pulled into small, thumb-sized pieces

Preheat oven to 400°. Cut each beet in half, then cut halves into wedges approximately ½ inch thick. Place beets in small roasting pan. In a small bowl, combine 2 tablespoons olive oil, 2 teaspoons mustard, orange juice and dried fennel seed. Stir together and pour over beets. Toss beets to completely coat them. Cook uncovered in oven for approximately 30 minutes until fork tender, turning once after about 15 minutes. Remove beets from oven and let cool.

In a medium-sized frying pan, heat 1 tablespoon olive oil. Then add the almonds and toss to coat in oil. Cook over medium high heat, shaking pan occasionally for a few minutes until the almonds darken to a deeper brown. Remove from heat. Set aside.

Place arugula in a large salad bowl. Prepare vinaigrette by whisking olive oil, balsamic vinegar, and mustard until thoroughly combined. Pour vinaigrette over arugula and toss to coat.

On individual salad plates, place arugula in the center of the plate, then artfully arrange the beets, pieces of orange, and goat cheese pieces around the plate. Top with almonds.

**SERVES 4 - 6**



## BENJAMIN "BJ" DENNIS

*Gullah Geechee*

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## BRAISED GREENS WITH A TWIST

- 2–3 tablespoons coconut, canola, or vegetable oil
- 1 small onion, thinly sliced
- 2–3 cloves garlic, minced
- 2 teaspoons grated fresh ginger
- 1 teaspoon dried chili flakes
- Peanut butter to taste, about a cup
- 2–3 cups of unsweetened coconut milk
- 1 bunch local mustard greens, cleaned and chopped
- Salt and ground black pepper to taste

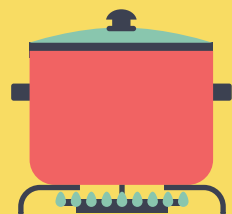
Pour enough oil into a large pot to glaze the bottom, and add the onion, garlic, ginger, and chili flakes. Cook over medium-low heat 3 to 4 minutes, until onions start to soften and the aromatics are fragrant, but not browned.

Stir in the peanut butter and cook for another minute. Pour in the coconut milk and bring to a boil. Add the mustard greens.

Cover and cook until tender, 30 minutes to an hour (according to tenderness and taste).

Season to taste with the salt and black pepper.

**SERVES 4 - 6 AS A SIDE DISH**







## HUNTER'S MUSHROOM RISOTTO

- 3 tablespoons unsalted butter
- 2 tablespoon extra-virgin olive oil
- 1 garlic clove, finely chopped
- 1 onion, finely chopped
- 1 sprig rosemary, finely chopped
- 1 sprig sage, finely chopped
- 2 tomatoes, peeled, seeded and chopped
- 3 cups fresh mushrooms
- 6 cups chicken stock
- 2 cups Arborio or Carnaroli rice
- 1 cup red wine
- 1 sprig flat leaf parsley, chopped
- 2 cups grated Parmesan cheese

Add the butter and oil to a pot on medium heat and melt the butter. Add garlic, onion, rosemary, and sage and cook for 5 minutes, stirring occasionally. Add the tomatoes and sweat for 15 minutes. Add the mushrooms and sweat for another 5 minutes. As they cook, bring the stock to a boil. Add the rice and stir until completely coated in the fats and continue to cook for another 5 minutes. Add the wine and cook until dry. Add a ladleful of stock and stir the rice constantly but gently as it absorbs. Continue to add a ladleful of stock at a time until the rice is cooked. Stir in the parsley and Parmesan and serve.

**SERVES 4**

**RANDALL WILLIAMS**

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**RODNEY SCOTT**

*Rodney Scott's BBQ*

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## BBQ COLLARD GREENS

- ½ cup pork rendering or pork fat
- 8 ounces yellow onion, diced
- 2 teaspoons garlic, minced
- 2 pounds collard greens, washed and stemmed
- 1 quart water
- 10 ounces pork skin or a smoked ham hock
- 4 teaspoons Kosher salt
- 1 tablespoon Rodney Scott's BBQ Sauce (or other vinegar-based barbecue sauce)
- 2 tablespoons apple cider vinegar

Heat a heavy-bottomed pot over medium heat and add the pork rendering. Sauté the onion and garlic until they become translucent, about 5–7 minutes. Add the greens, water, and pork skin to the pot and cover with a lid. Simmer until the greens are completely tender, about 45 minutes. Season with salt, barbecue sauce, and apple-cider vinegar.

**SERVES 16 – 18**



# MARMALADE SANDWICH ICE CREAM

## ICE CREAM BASE

- 2 cups cream
- 2 cups whole milk
- ¾ cup sugar
- ½ vanilla bean, split and scraped
- Heavy pinch of kosher salt
- 7 large egg yolks

## FINISH THE ICE CREAM

- ½ cup top quality marmalade, refrigerated
- 2 thick slices of brioche, crust trimmed
- 1 tablespoon melted butter
- 1 tablespoon granulated sugar
- Heavy pinch of kosher salt

To make the ice cream base: In a medium saucepot, combine the cream, milk, sugar, vanilla bean and salt. Bring to a low simmer.

Whisk the yolks in a medium bowl. When the dairy has come to a simmer, pour a ladle of it into the yolks and whisk thoroughly. Add about half of the dairy into the yolks and whisk thoroughly. Pour the yolk-dairy mixture back into the remaining dairy in the pot and cook over low heat, stirring constantly with a rubber spatula, until thick enough to coat the back of a spoon or the mixture reaches 180°F on a thermometer. Strain the custard through a fine sieve into a medium metal bowl.

Fill a larger bowl with water and ice. Carefully set the bowl containing the ice cream base into the ice bath. Whisk occasionally until the custard is cool to the touch, 50°F or below. Wrap the custard tightly with plastic wrap and chill overnight.

To finish the ice cream: While the base is chilling, preheat your oven to 300°F. Cut the brioche into small cubes. Toss the cubes with the melted butter and place in a single layer on a parchment paper-lined baking sheet. Whisk the sugar and salt together and sprinkle over the cubes. Bake, stirring occasionally so the cubes brown evenly, until they are crisp, light and golden brown, about 15-20 minutes. Cool to room temperature, then place in a small bowl and freeze the cubes for at least 4 hours. Place a 2 quart container in the freezer at the same time you put the brioche cubes in to freeze.

Churn the ice cream base according to your maker's instructions. Remove the marmalade and brioche cubes from the refrigerator and freezer. Drizzle ½ of the marmalade over the bottom of the container and sprinkle ½ of the brioche cubes on top. Scrape ½ of the frozen ice cream out of the maker and onto the layer of marmalade and cubes. Repeat with remaining marmalade, brioche cubes and ice cream. Wrap the container of layered ice cream, or snap its lid on tightly and place in the freezer to harden for 4 hours.

**MAKES ABOUT 1½ QUARTS**

# MANCHESTER FARMS QUAIL & DUMPLINGS

- 3 tablespoons unsalted butter
- ¼ cup gluten-free flour
- 3 tablespoons each, small dice: carrots, celery, kale, onion
- 1 tablespoon minced fresh garlic
- 1 tablespoon minced fresh sage
- 1 tablespoon minced fresh rosemary
- 1 cup roasted diced quail
- Salt and ground black pepper to taste
- 1 ½ quarts quail stock (or chicken stock)

## GLUTEN-FREE SPAETZLE

- 1 cup gluten-free flour
- ¼ cup milk
- 2 eggs
- ½ teaspoon ground nutmeg
- 1 pinch pepper
- ½ teaspoon salt
- 1 gallon hot water
- 2 tablespoons butter
- 2 tablespoons chopped fresh parsley

Heat the butter in cast-iron Dutch oven over medium-high heat. Add flour and stir often till it turns a caramel brown color. Add veggies and garlic and sauté for about 3 minutes. Slowly whisk in stock then add herbs and quail. Season with salt and pepper and allow to simmer for 15 - 20 minutes. Add dumplings (spaetzle) and serve.

For the Gluten-Free Spaetzle:

Mix together flour, salt, white pepper, and nutmeg. Beat eggs well, add alternately with the milk to the dry ingredients. Mix until smooth.

Press dough through spaetzle maker, or a large-holed sieve or metal grater.

Drop a few at a time into simmering liquid. Cook 5 to 8 minutes. Drain well.

**SERVES 6 - 8**



**BRANDON VELIE**

*Juniper*

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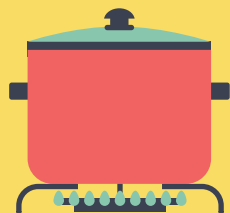


**CYNTHIA WONG**

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# CAROLINA GOLD RICE POPSICLES WITH SASSAFRAS & SORGHUM

## CAROLINA GOLD RICE ICE CREAM

- 1 cup Carolina Gold Rice
- 1 cup water
- 2 cups Sea Island milk
- Pinch sea salt
- ½ cup sugar

## SASSAFRAS DIP

- White melting chocolate
- Powdered sassafras or sassafras oil to taste
- Sorghum, preferably dark

Cook rice, water, milk, and salt until rice is very soft and resembles porridge. Blend until smooth, pass through strainer, and add sugar. Mixture should be thick and shiny. Pour into popsicle molds and freeze overnight.

Once popsicles are frozen and unmolded, melt chocolate over a double boiler and add sassafras to taste. Dip a popsicle in the dip and place back in freezer to harden. Once chocolate is set, drizzle with sorghum and enjoy!

**MAKES 4 – 8 POPSICLES  
(DEPENDING ON THE SIZE OF THE MOLDS)**

**KATY KEEFE**

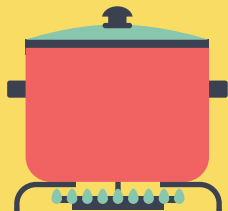
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**JIM STEIN**

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# CAROLINA GOLD RICE PORRIDGE WITH BARBECUE SHRIMP AND BENNE

## HOISIN BARBECUE SAUCE

- 2 tablespoons soy sauce
- 2 tablespoons brown sugar
- 1½ teaspoons honey
- 1 teaspoon water
- 1 teaspoon white vinegar
- ½ teaspoon black bean paste
- ½ teaspoon peanut butter
- Pinch minced fresh garlic
- Pinch ground coriander

## CAROLINA GOLD RICE PUREE

- ½ cup Carolina Gold Rice
- 1 cup milk (or soy milk)
- 1 cup water
- Salt to taste

## CAROLINA GOLD RICE

- 4 quarts water
- Salt to taste
- 2 cups Carolina Gold Rice
- 1 bay leaf
- 2 tablespoons unsalted butter

Bring all ingredients for Hoisin barbecue sauce to a simmer together in a small pot, whisk together, and cool.

Using a food processor, purée all of the Carolina Gold Rice Puree ingredients together until smooth. Transfer to a small sauce pot and heat slowly, stirring constantly, until the rice thickens like grits (but smoother!).

Season the water with the salt and bring to a rolling boil. Add the rice and bay leaf, and turn down the heat to a light boil. Cook the rice until a light bite remains (think slightly further than al dente pasta). Strain and rinse with cold water. Allow rice to dry in a colander, then spread onto a sheet tray and gently fluff with a fork dispersing the butter and allowing the butter to melt into the rice.

Dish Method:

Glaze 12 peeled and deveined shrimp in the Barbecue Sauce and cook through. Combine 1 cup of rice puree with 2 cups of cooked rice in a small pot and heat thoroughly while constantly stirring (think risotto). Season the rice porridge with salt and white pepper to taste, divide among four small bowls, place 3 of the shrimp on top of each, scattered some toasted benne seeds over the top, and enjoy.

**SERVES 4**



# CORNMEAL BATTERED VERMILION SNAPPER WITH PICKLED COLLARD GREENS

## CORNMEAL BATTERED VERMILION SNAPPER

- 1 cup all-purpose flour
- 1 cup Anson Mills cornmeal
- 1 teaspoon cayenne pepper
- 2 tablespoons sugar
- 1 (16-ounce) ice cold beer
- 2 tablespoons honey
- Peanut oil or any kind of shortening
- 6 (6-ounce) vermilion snapper fillets
- Salt and ground black pepper

## PICKLED COLLARDS:

- ½ cup rice wine vinegar
- ½ cup cider vinegar
- 1 medium onion, thinly sliced
- 4 garlic cloves
- 2 tablespoons sugar
- ¼ teaspoon cayenne pepper
- 4½ pounds shredded collards, stems removed

In a large bowl, mix the flour, cornmeal, cayenne and sugar. Whisk in cold beer and honey until well incorporated and free of lumps.

Pour oil in deep fryer and preheat to 375° F.

Season each fillet with salt and black pepper, dredge in the batter, and allow excess batter to drip back into the bowl before transferring to the fryer. Fry until crisp and delicious, and drain on paper towels. Serve each fillet atop a portion of Pickled Collards.

For the Pickled Collards:

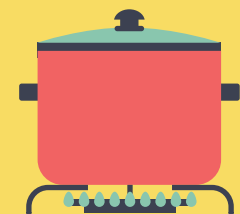
Bring vinegars, onion, garlic, cayenne, bay leaf, and 1½ teaspoons salt to a simmer in a small saucepan, then remove from heat and let steep 15 minutes. Discard bay leaf.

Meanwhile, cook collard greens in a large pot of well-salted boiling water until just tender, 6 to 8 minutes. Drain well in colander, squeeze out excess water.

Transfer greens into a large bowl, then add the vinegar mixture and toss to coat.

Cool to room temperature, tossing occasionally, about 1 hour.

**SERVES 6**



**TONYA MITCHELL**

*College of Charleston*

Charleston, SC

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Tonya Mitchell

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# OYSTER STEW

- ¼ pound butter
- ¼ cup diced fennel
- ¼ cup diced sweet onions
- 2 cups Lowcountry Creamery whole milk
- 16 to 18 Charleston Oyster Farm oysters, freshly shucked, liquid reserved
- 1 tablespoon, Worcestershire sauce
- ¼ Lowcountry Creamery creme fraiche
- ¼ cup minced parsley and / or chives
- Freshly ground black pepper, for garnish
- Extra virgin olive oil, for garnish
- Bulls Bay Smoked Sea Salt, for garnish
- Crystal or other vinegar-heavy hot sauce, for garnish
- Oyster crackers (optional)

**CORRIE & SHUAI WANG**

*Short Grain and Jackrabbit Filly*

shortgrainfoodtruck.com

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@shortgrain

TWITTER  
@shortgraintruck

Place a medium sauce pot on the stove over medium-high heat, and add in the butter while the pot is cold. Once the butter has melted, add the fennel and onions and cook until translucent, about 3 minutes. Pour in the whole milk, and bring to a light simmer. Let simmer for 5 minutes, then add in your reserved oyster liquid and Worcestershire sauce and let that simmer 2 more minutes.

In the meantime, in two soup bowls, divide up the shucked oysters. Turn the heat up on the soup, as soon as it comes to a boil, turn the heat off and stir in your creme fraiche, make sure it's evenly mixed in. Then pour the soup over your raw oysters while it's super hot, which will lightly poach the oysters, but allow them to retain their texture and flavor. Garnish the soup with chopped herbs, a crank of black pepper, some olive oil, a sprinkle of smoked sea salt, and as much hot sauce as you like. Serve with oyster crackers, if desired.



**SERVES 2**



## COLLARD GREEN SLAW

- Two bunches of raw, fresh, local, collard greens (approx 2–3 lbs)
- 1 large red onion, halved, and sliced thinly  
*If you have a mandoline, consider using it for this step*
- 1 cup hand-grated, or store-bought matchstick carrots
- 1 cup of thinly sliced red radishes
- ½ cup apple cider vinegar
- ½ cup apple juice
- ½ cup olive oil
- 1 tablespoon honey
- 1 teaspoon minced garlic in oil
- 1 teaspoon celery seed
- Salt & pepper to taste, but don't be shy

Remove the largest stems from your collard greens. You don't need to remove every single bit of vein or stem as you want to retain a bit for crunch.

Working in manageable batches, roll your collards together into a large cigar shape and slice at a diagonal with a sharp knife, making approx 1 inch "ribbons".

Combine all ingredients in a large bowl and use gloves to massage the ingredients together. Turning them over and mixing as you go.

Allow the mixture to rest for at least 10 minutes. Toss again to mix and enjoy immediately or cover and refrigerate for later use.

\*There will be liquid left in the bottom of your bowl if you use this immediately. If making ahead, pour this liquid into the storage container with the collard slaw and it will continue to marinate for a day or more in the fridge. After about 2 days it will start to lose its texture however.

You can also make a sweeter version of this dish in which you substitute the carrots and radishes for apples and golden raisins!

MAKES ABOUT 6 CUPS

## SEAFOOD CRUDO WITH CITRUS AND CUCUMBER SALAD, NUOC CHAM, STIR FRIED PEANUTS

### CRUDO

- 8 oz. fresh fish such as tuna, fluke, grouper, snapper, or sea bass
- Juice of ½ lime
- 2 tablespoons of high quality extra virgin olive oil
- Bulls Bay Carolina Flake Sea Salt
- 1 clove garlic, minced
- Juice of 1 lime
- 1 tablespoon rice wine vinegar
- 2 teaspoons fish sauce
- 1 oz palm sugar or coconut sugar
- 1 Thai chili minced with seeds
- ¼ cup warm water

### STIR-FRIED PEANUTS

- 1 cup raw untoasted peanuts
- 2 tablespoons of neutral oil like avocado or grapeseed
- Juice of ½ lime
- Bulls Bay Smoked Flake Sea Salt to taste

### CITRUS & CUCUMBER SALAD

- 1 pound English or Persian cucumbers
- 1 teaspoon Bulls Bay Charleston Salt, or other fine sea salt
- 2 teaspoons sugar
- 1 orange or blood orange, segmented and juiced
- 1 Meyer lemon, segmented and juiced
- 1 ruby red grapefruit segmented and juiced
- 1 teaspoon sesame oil
- 2 teaspoons soy sauce
- 1 tablespoon extra-virgin olive oil
- 1 sprig Thai basil, leaves only, chiffonade cut
- 2 sprigs mint, leaves only chiffonade cut
- 2 sprigs cilantro, leaves only, chopped

**Crudo:** Slice the fish thinly into even pieces and arrange on the center of 4 plates. Drizzle the lime juice and olive oil over the fish. Season liberally with some flake sea salt.

**Citrus and Cucumber Salad:** Peel and seed the cucumbers, slice into thin half-moons and place in a mixing bowl. Add the citrus segments and juice and the remaining ingredients. Adjust the seasoning with more sea salt if needed.

**Nuoc Cham:** Bring water and sugar to a simmer, dissolving sugar. Remove from the heat and add the remaining ingredients. Mix well and let stand for at least 10 minutes before using.

**Stir-Fried Peanuts:** Heat a wok or heavy gauge sauté pan over medium heat. Add the oil, and once hot, add the peanuts and begin to stir fry. Continue cooking, stirring often for 3–5 minutes until golden brown and fragrant. Remove from the heat and drain excess oil. Season with lime juice and smoked sea salt.

**Assemble:** Place a nice portion of salad on top or next to crudo. Drizzle nuoc cham evenly amongst plates and garnish with peanuts and more fresh herbs if desired.

SERVES 4

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STEFANELLI

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SARAH M<sup>C</sup>CLURE

Southside Smokehouse & Grille

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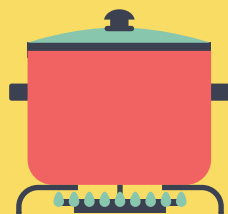
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# REFRIED HEIRLOOM SOYBEANS, SALSA MACHA, FETA, CRISPY ONIONS

## SALSA MACHA

- ¾ cup olive oil
- 5 cloves garlic, peeled
- ½ cinnamon stick
- 3 allspice berries
- 1 teaspoon cumin seed
- ½ ounce dried pequin chiles
- ½ ounce dried guajillo chiles, stemmed and seeded
- 2 teaspoons kosher salt
- 3 tablespoons brown sugar
- ½ cup apple cider vinegar

## CRISPY ONIONS

- 1 quart canola oil
- ½ vidalia onion, sliced across ½ inch thick
- Salt for seasoning, plus more to taste
- Cornstarch
- Kosher salt to taste

Salsa Macha: Heat ¾ cup oil over medium heat until it shimmers. Add garlic and fry until golden brown. Add the spices and chiles and toast until fragrant, about 1 minute. Remove from heat, add 2 teaspoons of the salt, the vinegar, and the brown sugar. Cool 15 - 20 minutes. Process in a blender until smooth.

Crispy Onions: Heat oil in a 5-quart pot to 300° F. Season onions with salt and toss with just enough cornstarch to coat. If onions clump together, add more cornstarch and toss to coat again. Add onions to the oil and fry, stirring occasionally, until golden brown. Remove onions from oil, drain on paper towels, and season with salt to taste.

Refried Heirloom Soybeans: Heat remaining 3 tablespoons olive oil in a sauté pan until shimmering, add garlic and shallots, and cook until shallots are translucent. Add beans, lemon juice, and zest, and cook until warm. Transfer pan contents to a food processor and process until smooth. Adjust consistency with the stock until beans have a smooth texture. Season to taste with salt and black pepper. Serve with salsa macha, feta, and fried onions.

**SERVES 4 - 6**

## REFRIED HEIRLOOM SOYBEANS

- 3 tablespoons olive oil
- 2 cloves peeled garlic, sliced
- 1 shallot, peeled and sliced
- 4 cups heirloom soybeans, braised in salted water until they have a fully-cooked, creamy texture, approximately 30 - 45 minutes (Better to err on overcooked for this preparation!)
- 1 lemon, juiced and zested
- Vegetable stock as needed
- Kosher salt and ground black pepper to taste
- ¼ cup feta or cotija cheese

# SPOTTED SALAMANDER'S SWEET POTATO GRITS

*It's very important to use good fresh stone ground grits. We use Congaree Milling Company Grits sold at Rosewood Market and Soda City Market in Columbia, SC. Perfect side with fried turkey.*

- 2 cups water
- 2 cups whole milk
- 1 tablespoon kosher salt
- 1 cup stone-ground grits
- 2 large sweet potatoes, cooked, peeled and mashed.
- Kosher salt to taste
- 3 tablespoons unsalted butter

Bring milk and water to a boil in a large saucepan over medium-high heat; gradually whisk in grits. Reduce heat to low, and simmer, stirring frequently, 30-45 minutes or until thickened.

Stir in sweet potatoes, butter and any extra salt to taste.

## JESSICA SHILLATO

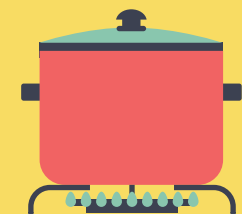
*Spotted Salamander  
Café and Catering*

1531 Richland Street  
Columbia, SC

[spottedsalamandercatering.com](http://spottedsalamandercatering.com)

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# 2019 SOUTH CAROLINA CHEF AMBASSADORS



South Carolina  
Just right. 

Agriculture and tourism have a significant impact on South Carolina, contributing tens of billions of dollars to the state's economy each year and accounting for hundreds of thousands of jobs statewide. The South Carolina Chef Ambassador (SCCA) program was established to create greater unity between these two major industries, while enhancing the overall promotion of South Carolina as a top culinary destination. By highlighting the state's talented chefs, creative recipes, authentic cuisines, locally grown produce and unique products, visitors and locals alike will further see why South Carolina is Just Right.

The Chef Ambassador program recognizes chefs from the upcountry to the coast who embody the best of South Carolina's food scene, both in the quality of their provisions, as well as their dedication to using healthy, locally-grown ingredients.

Throughout the year, the chef ambassadors will participate in a number of culinary and tourism specific events across the Southeast, hosting cooking demonstrations, conducting educational seminars, and discussing the offerings found in the cities in which their establishments are based.

For more information about the South Carolina Chef Ambassadors, please visit [certifiedscgrown.com](http://certifiedscgrown.com) or contact

**ANSLEY RAST TURNBLAD**

SC Department of Agriculture • 803-734-2210 • [aturnblad@scda.sc.gov](mailto:aturnblad@scda.sc.gov)

**DOLLY CHEWNING**

SC Parks, Recreation & Tourism • 803-734-1164 • [dchewning@scprt.com](mailto:dchewning@scprt.com)



L-R: CHEF COLLINS, CHEF SHILLATO, CHEF HARRIS, CHEF VOGELHEIM, CHEF CARTER

**CHEF BRANDON CARTER**

*FARM* • Bluffton • [farmbluffton.com](http://farmbluffton.com)

**CHEF MARC COLLINS**

*Circa 1886* • Charleston • [circa1886.com](http://circa1886.com)

**CHEF TANIA HARRIS**

*The Lazy Goat* • Greenville • [thelazygoat.com](http://thelazygoat.com)

**CHEF JESSICA SHILLATO**

*Spotted Salamander* • Columbia • [spottedsalamandercatering.com](http://spottedsalamandercatering.com)

**CHEF KELLY VOGELHEIM**

*Town Hall* • Florence • [townhallflorence.com](http://townhallflorence.com)

@theleebros

# KNOW THE ROOTS

*of the food you eat*

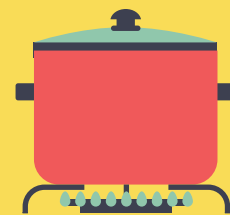
Join the Lee Bros and Friends inside the tent for cooking demos, recipe secrets, and more!



IT'S A MATTER OF TASTE.

[CertifiedSCGrown.com/Farmers](http://CertifiedSCGrown.com/Farmers)

PHOTOGRAPHY BY: BEN FINK



# 2019

SOUTHEASTERN WILDLIFE EXPO

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Fresh  
on the Menu  
CERTIFIED SC GROWN

## 2019 VENDORS





LANGDON'S ORIGINAL TONIC

## ACE BASIN COCKTAIL COMPANY

ACE Basin Cocktail Company was officially founded in Charleston, SC in 2016 and is dedicated to creating a hand-crafted, small batch, all-natural tonic syrup. Much like the natural pristine landscape of our namesake, the ACE Basin, Langdon's Original Tonic is made from scratch with the finest quality ingredients and crafted with Southern pride. We infuse natural herbs, spices, fresh citrus juices and oils through an extended steeping and filtration process to create a one-of-a-kind cocktail mixer. Unlike mass-produced tonics that use synthetic chemicals, we extract our quinine naturally from the bark of the Cinchona tree through a long steeping process.

Contact: Brad Knaus

352 Twelve Oak Drive  
Charleston, SC 29414

843-779-2279

info@acebasincocktailco.com

acebasincocktailco.com



Boone Hall Farms

## BOONE HALL FARMS, INC.

Boone Hall Farms Market offers fresh, local produce directly from their fields across the street. The market also features a café with local cuisine including fresh local seafood straight from the docks. At Boone Hall Farms Market, local has never been better. When in season, Boone Hall Farms offers collards, kale, squash, strawberries, tomatoes, watermelons, cantaloupes, blueberries, blackberries, eggplant, peppers, cucumbers, plantation onions, and more that are fresh from the farm.

Contact: Rick Benthall

2521 Highway 17 North  
Mt. Pleasant, SC 29466

843-442-6352

rickb@boonehallplantation.com

boonehallfarms.com



## BUDDY'S BARBEQUE R & B MANUFACTURING

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Contact: Christopher Bolding

125 Old Sugar Hill Road  
Lexington, SC 29072

864-483-0367

buddy@buddys-barbeque.com

randbmanufacturing.com



BURNT & SALTY

## BURNT AND SALTY

Burnt & Salty's mission was born in 2015 out of the combination of decades in the food service, and endless desire for big flavors, extensive consumption, and most importantly, and inexhaustible love of condiments. Our exciting sauce line packs punches, kicks, and chops of all sorts. Forged in the fiery depths of the Lowcountry, count on colossal flavors both familiar and novel. Try our award-winning Korean mustard!

Contact: Cris Miller

1622 Cullowhee Circle  
Mt. Pleasant, SC 29464

843-224-1259

cris@burntandsalty.com

burntandsalty.com



## CAROLINE'S CAKES

Caroline's Cakes is a mail-order bakery shipping throughout the United States and Puerto Rico. The company is known for its Southern Layer Cakes made from time-honored recipes. The 7-Layer Caramel Cake created such a stir in 1999 that the company made its mark by making only that particular cake. Also known for their "Tastes of Tradition," Caroline's Cakes offers a selection of Southern and Traditional food selections that are also made in their baking facility. The company was founded by Caroline Ragsdale, a native of Lake City, South Carolina.

Contact: Laura Strawberry

925 Beaumont Avenue  
Spartanburg, SC 29303

410-212-2014

lauras@carolinescakes.com

carolinescakes.com



## CHARLESTON HEMP COMPANY

Charleston Hemp Company is the Lowcountry's first, fully verticalized, seed-to-shelf purveyor of Industrial Hemp and CBD products. We are farmers, extractors, and marketers. We strive to deliver the purest CBD made from Industrial Hemp and stand behind our products and their efficacy.

Contact: Jennifer Thackston

4060 Highway 17A  
Ridgeville, SC 29472

703-906-5424

charlestonhempcompany@gmail.com

charlestonhempcompany.org



## CHARLESTON SOAP CHEF

"Made with love from beautiful Charleston, South Carolina" Soap bars, sugar scrubs, honey butters, hand and body washes, moisturizing lotions, and bath scrubs.

Contact: Jeanine Gantt

1011 Soapland Drive  
Johns Island, SC 29455

843-534-6048

jeanine@thesoapchef.com

thecharlestonsoapchef.com



## CHARLESTON SPICE COMPANY

The Charleston Spice Company is your source for creative herb and spice blends. The Charleston Spice Company blends organic herbs and spices in small batches to assure quality and freshness.

Contact: Garnette Tuten

25 Planifield Drive  
Charleston, SC 29407

843-830-1004

garnette@charlestonspice.com

charlestonspice.com





College of AGRICULTURE,  
FORESTRY AND LIFE SCIENCES

## CLEMSON UNIVERSITY CAFLS

The College of Agriculture, Forestry and Life Sciences embodies founder Thomas Green Clemson's vision of a "high seminary of learning" focused on improving the lives of South Carolinians through education and outreach in the agricultural and natural sciences.

Contact: Kirby Player

103 P&A Building  
Clemson, SC 29631

864-656-3662

kplayer@clemson.edu

[clemson.edu/cafls](http://clemson.edu/cafls)



COVERED  
*in*  
COTTON



## COVERED IN COTTON

Our 100% cotton throws are woven from locally grown upland cotton harvested from our third generation family farm in Darlington, South Carolina. The most excellent fibers are selected from our crop to be ginned, spun, plied and woven - all within a 500 mile round trip journey through the Carolinas and back to our farm. We are cotton with a cause - for every ten throws we sell, we donate one to a local children's hospital.

Contact: Tracy Woodard

3490 Cherrywood Road  
Florence, SC 29501

843-269-4058

[coveredincotton@gmail.com](mailto:coveredincotton@gmail.com)

[coveredincotton.com](http://coveredincotton.com)



## DADDY'S GIRLS BAKERY

Daddy's Girls Bakery provides an assortment of delicious desserts for any occasion. Cupcakes, cakes, chocolate covered fruit, any treat you may desire. We also do custom orders!

Contact: Nate & Chasity Brown

4420 N. Shirley Drive  
North Charleston SC 2929418

843-926-1737

[daddysgirlsbakery@gmail.com](mailto:daddysgirlsbakery@gmail.com)

[daddysgirlsbakery.com](http://daddysgirlsbakery.com)



FOOD  
FOR THE  
SOUTHERN  
SOUL™

## FOOD FOR THE SOUTHERN SOUL

In the South, we pass down recipes like names and silver. We eat food grown and harvested from our own fertile fields. We cook, serve, and share with those we love. Our handmade sauces, stone-ground grits, dry rubs, and other pantry staples are a celebration of all we love about Charleston and the South Carolina Lowcountry.

Contact: Jimmy Haygood

PO Box 30279  
Charleston, SC 29417

843-224-1243

[jimmy@fftss.com](mailto:jimmy@fftss.com)

[foodforthesouthernsoul.com](http://foodforthesouthernsoul.com)



## FREEMAN'S BBQ SAUCE

Old Mr. Henry Original BBQ Sauce is a family recipe that the Freeman family has been making for decades. The secret family recipe is best used on a variety of baked, fried or grilled meats.

Contact: Ed Freeman

1810 Carolina Highway  
Denmark, SC 29042

803-300-1008

edfreeman2@bellsouth.net

freemansbbqsauce.com



## HOOSH-HOLLAND BEVERAGE CO., LLC

Twelve years ago, it was born. Made in gallon jugs, tied to a raft, kept cold by the river, and drank until gone. Mission accomplished. Since then, thousands of people have loved "the hooch." It has been an ice breaker, a party favorite, a tailgate standard, a boat drink, a hiking beverage, a ski buddy, a wing man, and an excuse... and this is why O & O Hooch wants to share it with you! The Hooch mixes well with vodka, tequila, dark rum, and gin; it's the universal mixer, the one and only, Hooch.

Contact: Jennifer Holland

PO Box 656  
Sullivans Island, SC 29482

404-557-7178

jennifer@hoochituo.com

oandohooch.com



## ISLAND FUDGE SHOPPE

Located on Hilton Head Island, The Island Fudge Shoppe specializes in homemade fudge, hand dipped chocolates, candies, corporate gifts, holiday gifts and more. The Island Fudge Shoppe has something for all chocolate lovers!

Contact: Gus Robinson

1 North Forest Beach Drive

Coligny Plaza, Unit E-2  
Hilton Head, SC 29928

843-422-1388

islandfudge@earthlink.net

islandfudge.com



## LILLIE'S OF CHARLESTON

Lillie's of Charleston is a family owned specialty food company that's been in business for 17 years. Lillie's of Charleston produces hot sauces, mustard BBQ sauces and multiple spice mixes. South Carolina is iconic in the BBQ circuit for its mustard-based BBQ sauces and our family recipe is an award winner! It all began in the early 1950's in Charleston with Dad and Grandma cooking in the kitchen. Growing up, we had many memorable Sunday dinners at Aunt Lillie's house. No matter who came to visit, they never left her house "feeling unwanted, unloved or hungry..."

Contact: Tracey Richardson

PO Box 80124  
Charleston, SC 29416

843-276-7182

ttr@lilliesofcharleston.com

lilliesofcharleston.com



## LOWCOUNTRY CREAMERY

Clemson graduates and friends Patrick Myers, Kent Whetsell, and Josh Brooks have been making Lowcountry Creamery artisanal dairy products since 2015 in Bowman, SC. Their creamery produces whole milk, whole chocolate milk, non-fat cultured buttermilk, Greek yogurts, and crème fraiche for individuals and chefs who desire locally produced, small batch, and minimally processed dairy products.

Contact: Patrick Myers

2741 Landsdowne Road  
Bowman, SC 29018

803-924-2201

info@lowcountrycreamery.com

lowcountrycreamery.com



## LOWCOUNTRY OLIVE OIL

Lowcountry Olive Oil offers locally blended and locally infused extra virgin olive oils and balsamic vinegars. Currently over half of the company's four dozen olive oils and balsamic vinegars are blended or infused in Charleston and are exclusive to Lowcountry Olive Oil.

Contact: Jason Benjamin

272 A Meeting Street  
Charleston, SC 29401

843-343-2863

jason@lowcountryoliveoil.com

lowcountryoliveoil.com



## McCALL FARMS

McCall Farms is one of America's leading producers of farm-fresh canned fruits and vegetables and has been cultivating food for more than 177 years in Effingham, SC. The family-owned and operated company produces a wide variety of Southern-style products under the brands Margaret Holmes, Glory Foods, Peanut Patch Boiled Peanuts, and Bruce's Yams, all of which are sold nationwide.

Contact: Annie Ham

6615 South Irby Street  
Effingham, SC 2954

843-409-7638

aham@mccallfarms.com

margaretholmes.com



## MOD SQUAD MARTHA

I've bottled the greatest hits from my years as a chef to some of Nashville's most talented musicians and my family and friends. They are true to the original recipes – bottled with pure ingredients and gluten and preservative free. From quick and easy preparations to the perfect party playlists, you'll find my secrets to flawless entertaining and simply elevating the everyday.

Contact: Melissa Ann Barton

1202 Gregorie Commons  
Johns Island, SC 29455

615-476-3696

melissa@modsquadmartha.com

modsquadmartha.com





## OLINDA OLIVES AND OLIVE OIL

Olinda Olives and Olive Oil offers natural, fresh and in-season premium private-label table olives and private-label olive oils.

Contact: Jeanne DeCamilla

2 Wharfside Street 2D  
Charleston, SC 29401

843-906-1749

jeanne@decamilla.net

westcoastproducts.net



## PORZIO'S PIZZA & PASTA SAUCE

Taste over 100 years of history! In 1895, John D. Porzio came from Naples, Italy & started the first pizzeria in Savannah, GA. Today, the family's all natural sauce is being handcrafted in the Lowcountry. Using fresh, locally sourced ingredients, Porzio's Pizza + Pasta Sauce balances a natural sweetness with a slight peppery kick that keeps customers coming back for more!

Contact: Maureen Porzio

1076 Hills Plantation Drive  
Charleston, SC 29412

912-713-8833

mkporzio@porzios.com

porzios.com



*Sallie's Greatest™*

## SALLIE'S GREATEST

Jam to Jammin' Cocktails! Born from her award winning Sallie's Greatest Herbal Fruit Jam, Sallie introduces exciting fresh fruit and herb combinations in a simple syrup that's perfect for teas, soda, sorbets and the original "Jammin' Cocktails."

Contact: Sallie Dent Porth

164 Haigler Circle  
Cameron, SC 29030

864-616-3891

sallie@salliesgreatest.com

salliesgreatest.com



## SOUTH CAROLINA FARM BUREAU FEDERATION

Farm Bureau members support locally grown food, preservation of the environment and wildlife habitats, rural lifestyles and the strong work ethic of family farmers. ANYONE can become a member! Farm Bureau is a non-profit advocate organization providing a voice for family farmers through leadership programs and value in membership.

Contact: Chalmers Mikell

PO Box 754  
Columbia, SC 29202

803-206-8683

cmikell@scfb.com

scfb.org



## SEASIDE GROWN, LLC

For 115 years, we have been growing God's finest tomatoes on St. Helena Island, where the soil is a little warmer by the water's edge. Today, we bottle our legacy into handmade mixes, salsas, and jams, so fresh they are bottled at harvest only for a new vintage each year. We believe every consumer should be able to find a brand that places as much priority on pure taste made from the Earth. Our ingredients are fresh and our process is earnest.

Contact: Ross Taylor

853 Sea Island Parkway  
St. Helena Island, SC 29920

843-263-9636

ross@seasidegrown.com

seasidegrown.com



## SMITHEY IRONWARE COMPANY

The Smithey Ironware Company manufactures and designs premium cast iron cookware for people who love to cook and appreciate fine craftsmanship. Made in America and founded in Charleston, South Carolina, Smithey Ironware Co. was born out of a passion for quality, vintage cast iron. Founder Isaac Morton established the company in 2014 with a small line of cast iron cookware that honored the classic style of heirloom pieces with modern technology and processes. Today, the company designs and manufactures premium cast iron cookware at its workshop in North Charleston, SC.

Contact: Will Copenhaver

1175 Machinist St. – Building 43A  
North Charleston, SC 29405

843-480-3486

will@smitheyironware.com

smitheyironware.com



## VERTICAL ROOTS

Founded locally in Charleston County, Vertical Roots farms in re-purposed shipping containers that have been converted to fully automated, hydroponic and aeroponic farms.

Equipped with LED lighting and soil-less systems, this controlled environment allows Vertical Roots to bring hyperlocal, leafy greens to your table year round, regardless of seasonal conditions. Vertical Roots is committed to environmental consciousness, using proprietary software and energy efficient practices to generate the highest yield while working towards net-zero carbon footprint.

Contact: Shelby Weimer

1008 Clements Crest Lane, Suite 130  
Charleston, SC 29492

412-607-0636

shelby@amplifiedaginc.com

verticalroots.com



## WARRANT MAN PEPPER CO. LLC

Gourmet hot sauces and pepper products grown and produced in the Lowcountry. The company is owned and operated by Carolina Policeman Reggie Sharpe. Years in the making, these products are a tribute to the southerner's love for spice, using the Carolina Reaper and the Charleston Hot Peppers both created in the Palmetto State.

Contact: Reggie Sharpe

PO Box 72173  
North Charleston, SC 29415

843-709-4861

reggie@warrantmanpepperco.com

warrantmanpepperco.com



Savor  
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2019

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# LOCAL



CULINARY  
INSTITUTE  
of  
CHARLESTON  
TRIDENT TECHNICAL COLLEGE

## Keeping it local goes beyond using local ingredients.

The Culinary Institute of Charleston cultivates local talent and teaches students an appreciation for locally sourced products.

In the Farm to Plate course, students explore farming methods, including animal husbandry and feeds, study heirloom varieties of vegetables, and visit nearby farms. Local chefs like Frank Lee, Jeremiah Bacon, Craig Deihl and Kevin Johnson join CIC chefs in teaching students how local products translate on the plate.

Guests at CIC's *181 Palmer*, a student-run restaurant, enjoy menu selections rich with the bounty from local farmers, shrimpers and fishermen.

The CIC's commitment to excellence starts with a commitment to local talent and local products.

Main Campus  
North Charleston  
  
Palmer Campus  
Downtown Charleston

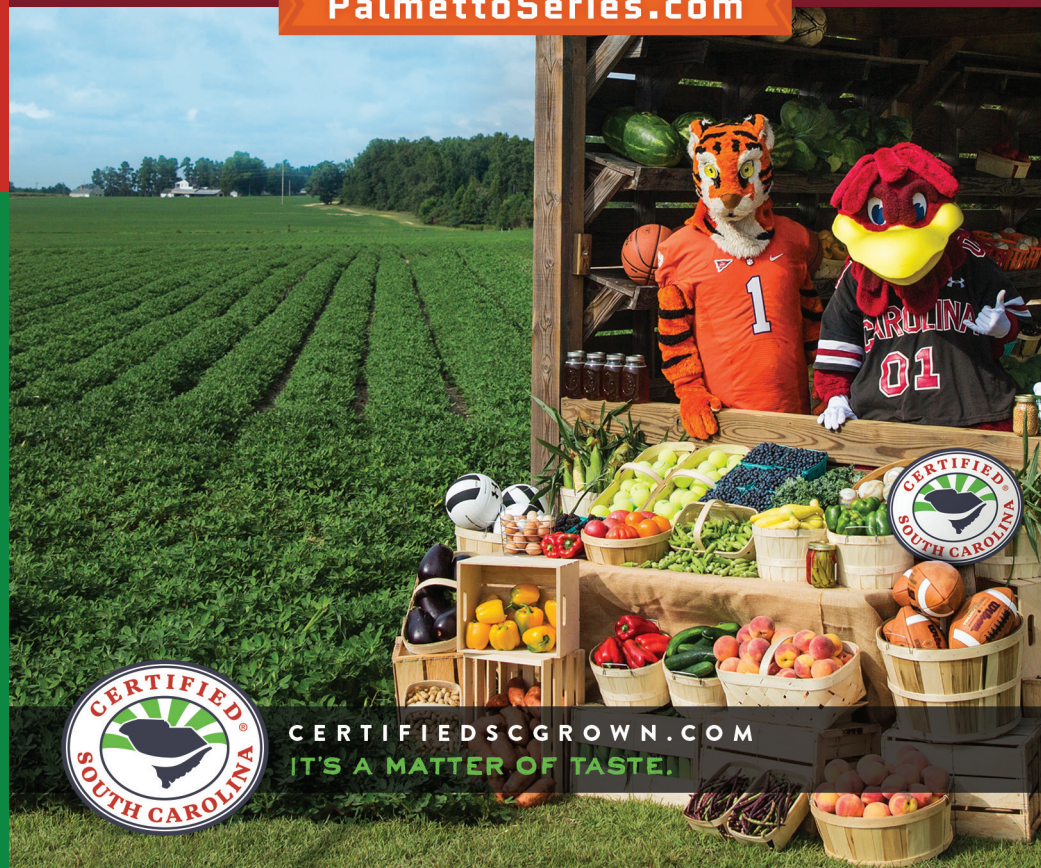
843.820.5090 CulinaryInstituteofCharleston.com



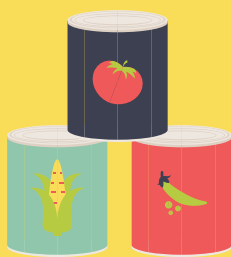
## THE COMPETITION IS GROWING

Look for the Certified SC Grown label where you shop and keep up with this historic rivalry throughout the year. Carolina and Clemson compete in many different sports. Who will win the coveted Palmetto Series? Follow along. The rivalry lives at:

[PalmettoSeries.com](http://PalmettoSeries.com)



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IT'S A MATTER OF TASTE.



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